Library

ALSTON-WITH-GARRIGILL
RURAL DISTRICT COUNCIL.

MINISTRY OF HEALTH
LIBRARY

ANNUAL REPORT
OF THE
MEDICAL OFFICER OF HEALTH
FOR 1961.

= = = = = = = = =

BRITISH MUSEUM

To The

CHAIRMAN AND MEMBERS OF THE

ALSTON-WITH-GARRIGILL

RURAL DISTRICT COUNCIL.

= = = = = =

Mr. Chairman, Ladies and Gentlemen,

I have the honour to submit my report as Medical Officer of Health for the year 1961. I wish to thank the Public Health Inspector for his assistance in the preparation of my report.

Yours faithfully,

JOHN R. HASSAN,

Medical Officer of Health.

BRITISH MUSEUM

REPORT OF THE MEDICAL OFFICER OF HEALTH FOR ALSTON WITH GARRIGILL RURAL DISTRICT COUNCIL FOR THE YEAR 1961.

SECTION A.

VITAL STATISTICS.

Statistics and Social Conditions of the Area.

Area	36,971 Acres.
Population	1961
Registrar General's Estimate of Resident Population, Mid-year	2,180
Number of inhabited houses according to Rate Book	
Alston Ward	524
Nenthead Ward	201
Garrigill Ward	130
Total	855
Rateable Value	£18,150
Penny Rate Product	£70

COMMENT.

The ascendancy of the number of deaths over births was again a marked feature of the year 1961. There were two more births than in 1960 but 14 more deaths occurred. As was stated last year the vigour of a community is shown by an ever increasing number of births, and an increasing population. Both are noticeably absent in our statistics. Death took a heavy toll amongst the more elderly. Of the 44 deaths 32 were certified locally and of these only one was under 65 years of age, 5 between 65 and 70, 5, between 70 and 80, and 11 between 80 and 90. It is easier to appreciate these figures when it is known that approximately one fifth of the population of the area is of pensionable age. This is of course much higher than the national figure.

In spite of a recession in employment and an estimated migration of some 60 of the population the number of applicants on the housing list remains quite constant so it is evident that there is still an obligation in this matter. It has always been hoped that new industry would be attracted towards our parishes and it is more likely to happen if there already exists a well housed labour force. The lack of variety of employment is particulary felt by young people leaving school who more often than not take up a particular job not because they want to, but because there is no alternative. All ages must have the opportunity of selection if a community is to be properly balanced, thriving and healthy.

Perhaps a new look should be taken at our prospects say in fifty years time. It is possible that something might be achieved if vigourous thought and action is applied.

The health of the under school age and school population is excellent. School children continue to grow taller and bigger, sometimes too big. Too much food and too little exercise are features of quite a number of young lives.

An epidemic of measles affected almost every child who had not previously contracted the disease. All cases were uncomplicated.

The establishment of the over 60 Clubs and rest rooms some years ago has proved a great benefit to all who use them. A lively new interest and anticipation of coming events provides a mental stimulus which the elderly and lonely usually lack. The standard of nutrition of this section has noticeably improved and the range of eatables bought has widened.

I should like to thank the Chairman and Health Committee Members for their continuing interest and help during the year.

LIVE BIRTHS.	1961 M.	F.
Legitimate	15	13
Illegitimate	-	-
	28	

STILL BIRTHS.	M.	F.
Legitimate	-	1
Illegitimate	-	-
	1	

	M.	F.
Deaths of Infants under 1 week of age	-	-
" " " " 4 weeks " "	1	-
" " " " 1 year " "	1	-
	2	

ANNUAL BIRTH RATE per 1,000 estimated population.

For this area	12.84
For Cumberland	17. 6
For Rural District of Cumberland	17. 8
For England and Wales	17. 4

	M.	F.
DEATHS	20	24
	44	

ANNUAL DEATH RATE per 1,000 estimated population.

For this area	20.18
For Cumberland	12. 3
For Rural District of Cumberland	12. 1
For England and Wales	12. 0

Deaths from Puerpal Causes..... Nil

	M.	F.
Death from Cancer (all ages).....	2	4
	6	

Deaths from Measles..... Nil
" " Whooping Cough..... Nil
" " Diphtheria..... Nil
" " Diarrhoea..... Nil

SECTION B.

(i) PUBLIC OFFICERS OF THE AUTHORITY.

Medical Officer of Health (Part-time)
John R. Hassan, M.B., Ch.B., D.R.C.O.G.,
Cottage Hospital,
ALSTON.

Public Health Inspector.
R.W. Thomas, M.A.P.H.I.,
Town Hall,
ALSTON.

(ii) (a) Laboratory Facilities.
The Pathological Laboratory of the Cumberland Infirmary, Carlisle supplies a complete range of service under this heading.

(b) Ambulance etc.
Our aged ambulance has been replaced by another more comfortable and recent model and while I have heard no great satisfaction expressed, at least there has been no complaints.

(c) Home Nursing.
This service continues to run efficiently and some figures are given to show the extent of the work.

Number of Home Helps on books.	12
Number of Householders helped.	24

Nursing Service.

Number of cases nursed.	110
Number of Nursing Visits.	2,091
Health Visiting.	639

(d) Clinics and Treatment Centres.
Consultant Services are available at Carlisle and Newcastle. Physiotherapy is available on two mornings each week at the Cottage Hospital. Maternity and Child Welfare Clinics are held weekly at the Cottage Hospital provided of course by the Cumberland County Council. The School Dental Clinic is held one day a fortnight at the Cottage Hospital.

The Dental Service (N.H.S.) is provided one day a week by a Private Practitioner.

East Cumberland Hospital Management Committee provide a Consultant Radiology Service one afternoon each fortnight.

SECTION C.

WATER SUPPLIES.

Following instructions laid down in Ministry of Health Circular 1/62.

(a) In general the quality of the water supplied through the Council's mains can be regarded as satisfactory. The various supplies are derived from land springs in carboniferous limestone. One spring at Killhope, Nenthead, which is definitely losing its yield has a fairly high iron content which tends to cause discolourment.

With regard to quantity, the supply to Alston is more than adequate, and this is also the case now at Garrigill.

Nenthead, however, does not present such a healthy picture in that the two springs in use are failing in their yield. The supply during wet weather appears to be adequate, but after short periods of dry or frosty weather, the combined yield drops to about 15,000 gallons per day, the bulk of the water coming from the spring at Hard Edge, Nenthead. The yield at Killhope at such periods is so small that it can be discounted.

Efforts are being made to augment the present supply for another or other sources.

(b) In normal years, regular samples of water are taken, but due to acute shortages occuring in Nenthead, no samples were taken during 1961.

Type AHWM reagent feeders are installed at Springfield, Alston, and at Killhope, Nenthead. With the loss of yield at Killhope spring, the requisite head of water is not now available to work this machine, and when the head was sufficient difficulty was experienced due to the amount of iron held in suspension in the water. The two machines at Springfield are in good working order, but are now only used as stand bys for emergencies. The field in which the springs are located has been purchased by the Council and all live stock is excluded. Samples over the past 5 years have been classified as excellent.

The results of Chemical analysis of the various supplies are:-

East Spring, Springfield.

General Appearance:	Clear and colourless.	Chlorides:	5.5
pH	Approximately 7.	Iron:	Less than 0.3.
Ammoniacal Nitrogen:	Less than 0.02	Copper:	Less than 1.
Albuminoid Nitrogen:	Less than 0.02	Lead:	0.0 (Mg. present)
O_2 absorbed in 15 mins.:	0.02	Zinc:	Less than 2.
O_2 absorbed in 4 hours:	0.02		
Total Solids:	305	Opinion: Chemically satisfactory.	
Hardness - Total:	216		
Carbonate:	131		
Non-Carbonate:	85		

	Springfield, Alston, South Spring.	Nenthead Supply - Killhope Source.
General Appearance:	Clear, with slight yellow tinge.	Clear and colourless.
pH	Approximately 7. p.p.m.	Approximately 6.5 p.p.m.
Ammoniacal Nitrogen:	Less than 0.02.	Less than 0.02
Albuminoid Nitrogen:	0.03	Less than 0.02
O_2 absorbed in 15 mins:	0.06	0.08
O_2 absorbed in 4 hours:	0.14	0.22
Total Solids:	266	190
Hardness - Total:	214	124
Carbonate:	151	90
Non-Carbonate:	63	34
Chlorides:	5	6
Iron:	Less than 0.3	Approx. 0.2
Copper:	Less than 1.	1
Lead:	0.0	0.0
Zinc:	Less than 2.	2
Opinion:	Chemically satisfactory.	Chemically Satisfactory.

	Nenthead Supply- Hard Edge Source.	Garrigill Supply - Fewsteads Mine, Garrigill.
General Appearance:	Colourless with trace of suspended matter.	Clear and colourless.
pH	Approximately 6.5	Approx. 7 - 7.5
Ammoniacal Nitrogen:	Less than 0.02	Less than 0.02
Albuminoid Nitrogen:	0.05	Less than 0.02
O_2 absorbed in 15 mins:	0.2	Less than 0.02
O_2 absorbed in 4 hours:	0.64	0.08
Total Solids:	179	330
Hardness - Total:	123	144
Carbonate:	97	95
Non-Carbonate:	26	49
Chlorides:	6	6
Iron:	0.3	Less than 0.3
Copper:	1	Less than 1
Lead:	0.0	0.0
Zinc:	2	Approx. 3
Opinion:	Chemically satisfactory.	Chemically satisfactory.

	Land Spring - Garrigill Water Supply, Tyne Head, Garrigill.	Land Spring - Leadgate Water Supply.
General Appearance:	Clear and colourless.	Clear and colourless.
pH	Approximately 7.	Approximately 7 - 7.5
Ammoniacal Nitrogen:	0.02	0.04
Albuminoid Nitrogen.	Less than 0.02	Less than 0.02
O_2 absorbed in 15 mins:	0.02	0.12
O_2 absorbed in 4 hours:	0.20	0.46
Total Solids:	215	225
Hardness - Total:	140	148
Carbonate:	112	99
Non-Carbonate:	28	49
Chlorides:	5	6
Iron:	0.3	0.3
Copper:	1	1
Lead:	0.0	0.0
Zinc:	2	2
Opinion:	Chemically satisfactory.	Chemically satisfactory.

(c) None of the water supplies are liable to plumbo Solvency.

(d) Action taken in the event of contamination is outlined in (b) above.

(e) Number of dwelling houses supplied (i) direct to houses 671
(ii) by stand pipes 11
Number of Population supplied (i) " " " 1920
(ii) by stand pipes 15

PRIVATE WATER SUPPLIES.

No. of samples taken (Bacteriological) 2

Results - Both unsatisfactory.

SEWERS AND SEWERAGE DISPOSAL.

The position with regard to sewers and sewerage disposal is much the same as last year. One must, however, take into consideration that these works were erected in a about 1956, at a time when bath rooms and water closets were not so numerous. At the present rate of housing progress, by which I do not mean new housing alone, it will become necessary to review the adequacy of the existing works in the near future.

REGISTERED COMMON LODGING HOUSES.

There are none in the District.

PUBLIC CONVENIENCES.

My comments on Public Conveniences are the same as those expressed in 1960.

The Council has now agreed to carry out works of conversion of the old conveniences in Vicarage Lane, Alston, and subject to a tender being accepted in sufficient time, the remodelled building should be in use by the Summer of 1962.

The Council has also agreed to remove the turnstile from the Ladies Conveniences at Town Foot, Alston.

PUBLIC CLEANSING.

This service can be regarded as being carried out satisfactorily. Again, every effort is made to keep down the rat population on the Council's two refuse tips.

SANITARY POSITION OF THE AREA.

Number of Inspections	489
Nuisances Report	-
Nuisances abated by Informal Notices	-
Informal Notices	-
Statutory Notices	-
Number of Houses inspected	160
Number of Houses disinfected	-
New Houses erected (Local Authority)	-
New Houses erected (Privately)	-
Plans submitted	17
Plans approved	17
Number of Sewer connections	-
Number of Water connections	-
Houses demolished	-
Houses closed	-

FACTORIES.

(i) Inspection for purposes of provisions as to health (including inspections made by the Sanitary Inspectors).

Premises.	No. on Register.	No. of Inspections.	No. of Written Notices.	No. of Occ. Pros.
(i) Factories in which Sec. 1,2,3,4 & 6 are to be enforced by Local Authority.	4	1	-	-
(ii) Factories not included in (i) in which Sec. 7 is enforced by the Local Authority.	13	13	-	-
(iii) Other premises in which Sec. 7 is enforced by the Local Authority (excluding out-workers premises).	-	-	-	-
	17	14	-	-

(ii) Cases in which defects were found ..... Nil.

SECTION D.

HOUSING.

Work in connection with Slum Clearance was continued and the future redevelopment of The Maltings was given consideration.

The erection of 14 dwellings as an extension to Church Road, Alston was commenced and it was anticipated that they would be ready for occupation in the Spring of 1962.

POST WAR HOUSING.

Council Houses completed at the end of 1961.....	127
Privately owned Houses " " " " "	13
Estimated number of houses unfit for habitation which cannot be made fit at reasonable cost.....	57
Number of houses overcrowded.....	7
Total number of applicants for Council Houses.....	22

IMPROVEMENT GRANTS.

Number of privately owned houses for which Improvement Grants were sought.....	3
Number of applicants for Grants approved.....	3
Number of improvements completed.....	3
Improvement Grant total.....	£521

STANDARD GRANTS.

Number of Standard Grant applications granted.....	6
Number of Standard Grant work completed.....	6
Standard Grant Total.....	£560.10.0d.

SECTION E.

MEATS.

Shops.
Both Butcher's shops can now be regarded as satisfactory.

Slaughterhouses.
One privately owned slaughterhouse was operated satisfactorily during the year.

The quality of beasts etc. has been very high, and the only meat found to be unfit were a small percentage of offal - livers affected by fluke worm.

There was no evidence of Cisticercus Bovis.

The throughput for the slaughterhouse for the year was:-
Cattle 117 Sheep 569 Pigs Nil.

MILK.

Number of retailers 8.

Again attention is drawn to the condition of milk bottles. The public are largely to blame as often there are long delays before the empty bottles are returned to the dairyman.

Also care on all sides should be taken to prevent the chipping of the necks of bottles and chipped bottles should NOT be used.

CATERING ESTABLISHMENTS.

Again the various establishments have been satisfactory. They are as follows:-

	Licenced Hotels.	Temperance Hotels.	Snack Bar.	Fish & Chip Shop	Total
Alston.	3	3	2	1	9
Nenthead.	1	-	-	-	1
Garrigill.	1	-	-	-	1

The total number of licenced premises are as under:-

Alston.....	7
Nenthead.....	3
Garrigill.....	1
	11

Premises registered under Sec. 16 of the Food & Drugs Act, 1955, (Making Sausages and Pressed Meats)..... 2

Premises registered for the sale only of ice cream..... 10

RECORD OF FOOD VOLUNTARILY SURRENDERED DURING 1961.

Cooked Ham	6 Tins	57lbs. 6 ozs.	Fish	2 Stones	
Corned Beef	1 Tin	4lbs.	Evap. Milk	2 Tins	1½ pints.
Peas	1 Tin	15½ ozs	Cream	1 Tin	6 ozs.
Peaches	7 Tins	11lbs. 1 oz.	Pears	11 Tins	16lbs. 10½ ozs.
Pineapples	4 Tins	2lbs.12 ozs.	Rhubarb	1 Tin	1lb.
Grapefruit	1 Tin	1lb.	Rice Pudding	1 Tin	15½ ozs.

SECTION F.

INFECTIOUS AND OTHER DISEASES.

Diphtheria Immunisation	
Primary.....	15
Completed.....	10
Booster.....	-
Poliomyelitis Vaccination	
Primary.....	40
Completed.....	38
Booster.....	4
Smallpox Vaccination	
Primary.....	15
Whooping Cough	
Primary.....	6
Completed.....	5
Triple Antigen	
Primary.....	30
Completed.....	25

NOTIFIABLE DISEASES FOR THE YEAR 1961.

DISEASE.

Typhoid	-
Paratyphoid	-
Scarlet Fever	-
Whooping Cough	-
Diphtheria	-
Erysipelas	-
Smallpox	-
Measles	164
Pneumonia	1
Puerper Pyrexia	-
Dysentry	-
Ac. Poliomyelitis	-
Chicken Pox	-
Tuberculosis	-
Meningitis	-

CAUSES OF DEATH.

	M.	F.
1. Tuberculosis, Respiratory,	-	-
2. " Other Forms	-	-
3. Syphilitic Diseases	-	-
4. Diphtheria	-	-
5. Whooping Cough	-	-
6. Meningococcal Infections	-	-
7. Acute Poliomyelitis	-	-
8. Measles	-	-
9. Other Infective and Parasitic Diseases	-	-
10. Malignant Neoplasm Stomach	-	-
11. " " Lung Bronuchus	1	-
12. " " Breast	-	-
13. " " Uterus	-	1
14. Other Malignant and Lymphatic Neoplasma	1	3
15. Leukaemia, Aleukaemia	-	-
16. Diabetis	-	-
17. Vacular lesions of Nervous System	6	10
18. Coronary Disease	3	5
19. Hypertension with Heart Disease	-	-
20. Other Heart Diseases	2	3
21. Other Circulatory Diseases	-	-
22. Influenza	1	-
23. Pneumonia	1	1
24. Bronchitis	1	-
25. Other Diseases of Respiratory System	-	-
26. Ulcer Stomach and Duodenum	1	-
27. Castritis, Enteritis, and Diarrhoea	-	-
28. Nephiritis and Hephrosis	-	-
29. Hyperplasia of Prostate	-	-
30. Pregnancy, Childbirth and Aboration	-	-
31. Congenital Malformations	-	-
32. Other Defined and ill-defined Diseases	2	-
33. Motor Vehicle Accidents	1	-
34. All other accidents	-	-
35. Suicide	-	1
36. Homicide and War Operations	-	-
	20	24